## **Developing Your Emotional Intelligence**





## **Disrupting Thinking Tool**

Use this tool to help you change the way you think about challenges. It will provide you with an alternative perspective and a way to react to events to get the most out of each situation.

<b>A</b> ctivating event
<b>B</b> eliefs, thoughts, and emotions relating to the event
<b>C</b> onsequences of your response
<b>D</b> isrupting thought that can change the way you view the situation (to challenge your beliefs)
<b>E</b> ffect or consequence of challenging your thoughts
<b>D</b> isrupting thought that can change the way you view the situation (to challenge your beliefs)